

# Milk Recipes





**WIC milk provides the calcium and vitamins A and D needed for strong bones and teeth.**

### **Ways to Use WIC Milk**

- Make canned or homemade soups with milk instead of water.
- Make fruit milk shakes with canned or fresh fruit. Mix 1 banana and 1 c milk in blender or jar.
- Use milk in coffee, tea, on cereal, in scrambled eggs, soups, or puddings.

## **POTATO SOUP**

2 potatoes, peeled or cubed	1 tsp salt( or less)
(or 2 cups leftover mashed potatoes)	1 c water
1 small onion, chopped	2 Tbsp margarine
1 celery stalk, chopped	2 c milk

Combine all the ingredients except milk in a pot and cook until tender. Add the milk and heat thoroughly.

## **CINNAMON RICE PUDDING**

1 c uncooked regular long grain rice	4 c milk
½ c sugar	2 tsp vanilla
1 tsp cinnamon	½ tsp salt

Preheat oven to 325°. Rinse rice in a strainer. Combine rice, milk, sugar, and vanilla in a saucepan. Simmer uncovered for 5 minutes. Pour mixture into a shallow 2-quart baking dish, coated with non-stick cooking spray. Cover with foil. Bake until rice has absorbed most of the liquid, about 35 to 40 minutes. Remove from oven, let stand 10 minutes. Makes 6 servings.

## **BROCCOLI SOUP**

1 c chicken broth, canned	½ c onion, chopped
2 c chopped broccoli	½ tsp thyme
1/8 tsp pepper	2 Tbsp margarine
2 Tbsp flour	1/8 tsp garlic powder
2 c milk	½ tsp salt

Combine chicken broth, onion, broccoli, and seasonings in a saucepan. Simmer 10 minutes. Mash or blend in a blender. In saucepan, melt margarine, blend in flour, salt, and pepper. Add milk. Cook and stir until bubbly. Stir in vegetable mixture. Heat and serve. Makes 4 servings.

## **MACARONI AND CHEESE**

2 c milk

4 slices cheese, cut up

1 c hot cooked macaroni

Combine milk and macaroni. Add cheese and stir over low heat until cheese melts. Do not boil. Makes 2 to 3 servings.

## **PUDDING POPS**

2 c milk

1 pkg(3.8 oz) instant  
pudding

Make pudding according to directions on package. Spoon into small paper cups and insert plastic spoon or popsicle stick and freeze. A small piece of foil wrapped around the top of the cup will hold spoon in place.

Adapted from the Oklahoma State Department of Health.

c=cup

Tbsp=tablespoon

tsp=teaspoon

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